



# **ESSENTIALS OF SPIRITUAL INSTRUCTION**

Lehman D. Bates, II  
Assistant to the Pastor  
First Baptist Church of Marshall Heights  
Washington, District of Columbia

# TABLE OF CONTENTS

INTRODUCTION .....	2
1) the "PREREQUISITE" .....	3
PRAISE .....	3
PENITENCE .....	4
PETITION .....	5
COMMENTARY .....	5
EXERCISES .....	7
2) the "PREPARATION" .....	9
PURPOSE .....	9
PLAN .....	9
PICTURE .....	11
COMMENTARY .....	11
EXERCISES .....	13
3) the "PRESENTATION" .....	14
YOUR PERSONALITY .....	14
THEIR PARTICIPATION .....	14
GOD'S POWER .....	15
COMMENTARY .....	16
EXERCISES .....	16
APPENDIX: SCRIPTURE RESEARCH	

## INTRODUCTION

The Spiritual Development Series is a collection of study/resource aids designed to provide assistance to the searching believer. And Charis Publications is humbly proud to make available this material to you.

The dynamic construction and design of these materials allow it to be utilized for any occasion and setting. It can be used as instructional material, or for individual study. As you read the commentary provided, allow the Holy Spirit to bear witness to its contents. This Series is intended to keep commentary at a minimum, being utilized in certain teachings only to provide supplementary information as well as challenge your thought.

I cannot conclude without expressing appreciation to my Pastor, Dr. Lehman D. Bates, for his continuing spiritual guidance and prudent advice. And to my wife Gloria, whom the LORD uses as a loving instrument to provide, prepare, and preserve His servant, I owe a deep debt of gratitude.

May the LORD use this material to accomplish His ongoing work of Kingdom Building. It is my prayer that the information contained within will aid in fulfilling His Divine Calling...

"The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; To proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all that mourn;" -Isaiah 61:1-2

To GOD be the Glory.

Lehman D. Bates, II  
Editor-In-Chief  
Charis Publications

## 1) the "PREREQUISITE"

**DEFINITION** "something required beforehand, especially as a necessary condition for following something"  
(Websters)

- **PRAISE** - giving thanks to GOD for

- **who HE is...**

"I am the LORD, and there is none else, there is no God beside me: I girded thee, though thou hast not known me: That they may know from the rising of the sun, and from the west, that there is none beside me. I am the LORD, and there is none else. I form the light, and create darkness: I make peace, and create evil: I the LORD do all these things." (Isaiah 45:5-7)

- **what HE has done...**

"And thou shalt remember that thou wast a bondman in the land of Egypt, and the LORD thy God redeemed thee: therefore I command thee this thing to day." (Deuteronomy 15:15)

- **what HE can do...**

"For the which cause I also suffer these things: nevertheless I am not ashamed: for I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day." (2 Timothy 1:12)

- **what HE will do...**

"Calling a ravenous bird from the east, the man that executeth my counsel from a far country: yea, I have spoken it, I will also bring it to pass; I have purposed it, I will also do it." (Isaiah 46:11)

- **why HE chose YOU!**

"Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you." (John 15:16)

- **PENITENCE** - the recognition that
  - **you are but dust and ashes**

"And Abraham answered and said, Behold now, I have taken upon me to speak unto the Lord, which am but dust and ashes:" (Genesis 18:27)
  - **there is nothing GOOD in you**

"And Jesus said unto him, Why callest thou me good? there is none good but one, that is, God." (Mark 10:18)
  - **you have sinned**
    - **in thoughts**

"The thought of foolishness is sin..." (Proverbs 24:9)
    - **in words**

"...by thy words thou shalt be condemned." (Matthew 12:37)
    - **in habits**

"Therefore to him that knoweth to do good, and doeth it not, to him it is sin." (James 4:17)
    - **in deeds**

"...for whatsoever is not of faith is sin." (Romans 14:23)
    - **in unforgiveness**

"But if ye forgive not men their trespasses, neither will your Father forgive your trespasses." (Matthew 6:15)
  - **ALL that you have comes from HIM**

"For in him we live, and move, and have our being..." (Acts 17:28)
  - **without HIM, you are NOTHING**

"Behold, ye are of nothing, and your work of nought: an abomination is he that chooseth you." (Isaiah 41:24)

- **PETITION** - asking GOD for

- **forgiveness of sins**

"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." (1 John 1:9)

- **deliverance from sin**

"Deliver me from all my transgressions: make me not the reproach of the foolish." (Psalm 39:8)

- **cleansing of heart**

"Create in me a clean heart, O God; and renew a right spirit within me." (Psalm 51:10)

- **renewal of mind**

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." (Romans 12:2)

- **guidance and direction**

"I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye." (Psalm 32:8)

- **COMMENTARY**

- In this first component, you are preparing himself spiritually to be used as a vessel for the Holy Spirit. All spiritual instruction must start at this point. No spiritual instruction will be effective without proper spiritual preparation.

- Notice that the three (3) prerequisites for spiritual instruction are also the three (3) ingredients of effective prayer. Consider the disciples prayer (Matthew 6:9-13)

"After this manner therefore pray ye: Our Father which art in heaven,

PRAISE

Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven.

PETITION

Give us this day our daily bread.

PENITENCE

And forgive us our debts, as we forgive our debtors.

PETITION

And lead us not into temptation, but deliver us from evil:

PRAISE

For thine is the kingdom, and the power, and the glory, for ever. Amen."

- If you are harboring unforgiveness for someone, you will be prohibiting the LORD from preparing you for the task at hand. Consider the following passages

"If I regard iniquity in my heart, the Lord will not hear me:" (Psalm 66:18)

"But if ye forgive not men their trespasses, neither will your Father forgive your trespasses." (Matthew 6:15)

"Now we know that God heareth not sinners: but if any man be a worshipper of God, and doeth his will, him he heareth." (John 9:31)

- Please keep in mind that as the instructor, you must consider the condition of "your house" before you can be used of the LORD to help "consider other houses"

"Thou therefore which teachest another, teachest thou not thyself? thou that preachest a man should not steal, dost thou steal? Thou that sayest a man should not commit adultery, dost thou commit adultery? thou that abhorrest idols, dost thou commit sacrilege? Thou that makest thy boast of the law, through breaking the law dishonourest thou God?" (Romans 2:21-23)

● **EXERCISES**

1. For three to five minutes (timed), prepare a list of how the LORD has blessed you. Be specific, and get personal!
2. For three to five minutes (timed), prepare a list of the habits that you currently engage in that you know are not pleasing in GOD's Sight. Be specific, and get personal!
3. For **each habit identified** in exercise #2, engage in communication with the LORD. Tell him all about it. Explain your fears, tendencies, uncertainties, etc. Once you're completed, ask yourself the following questions
  - Is the LORD more important to me than this habit?
  - Do I really want to be delivered of this habit?
  - Is the LORD really able to deliver me?

As you are "wrestling" with God, keep in mind the following passages

"For I am the LORD your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I am holy..." (Leviticus 11:44)

"And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD." (Joshua 24:15)

"And Elijah came unto all the people, and said, How long halt ye between two opinions? if the LORD be God, follow him: but if Baal, then follow him. And the people answered him not a word." (1 Kings 18:21)

"No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon." (Matthew 6:24)

If your answer is 'YES' to all of the above questions, declare a three-day (72 hour) fast unto the LORD, asking him to deliver you from these controlling habits. (In this fast, you will abstain from ALL food and ALL drink (including WATER)). During your fast, keep a diary of all that the LORD reveals to you. The purpose of this fast is not only to purge, purify, and prepare you for his divine assignment, but to deliver you from the spiritual "strongholds" that have prevented you from developing a closer walk with the LORD. Consider the following passage

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?" (Isaiah 58:6-7)

If your answer is 'NO' to any of the questions in exercise #3, **consider strongly** the

potential spiritual consequences of accepting a divine assignment without submitting to God's requirements. Also consider the fact that in this condition, **Satan has the right to use you to sow seeds of confusion, perversion, and destruction to those you will instruct, to which YOU WILL be held divinely accountable for.** Consider the following passages

"My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children." (Hosea 4:6)

"If we suffer, we shall also reign with him: if we deny him, he also will deny us:" (2 Tim 2:12)

"For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins," (Hebrews 10:26)

## 2) the "PREPARATION"

**DEFINITION** "the act or process of making ready, usually for a specific purpose; to equip or furnish with necessary provisions, accessories, etc." (Websters)

- **PURPOSE - the "goal" of your instruction**

- **winning souls TO Christ**

"For this is good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth." (1 Timothy 2:3-4)

- **equipping disciples FOR Christ**

"Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;" (John 8:31)

- **encouraging saints IN Christ**

"But he that prophesieth speaketh unto men to edification, and exhortation, and comfort." (1 Corinthians 14:3)

- **PLAN - the "guidance" of your instruction**

- **the OUTLINE**

- provides structure
- provides support
- must have unity
- must have harmony
- must reflect the material presented

"Concerning this house which thou art in building, if thou wilt walk in my statutes, and execute my judgments, and keep all my commandments to walk in them; then will I perform my word with thee, which I spake unto David thy father:" (1 Kings 6:12)

"In whom all the building fitly framed together groweth unto an holy temple in the Lord:" (Ephesians 2:21)

- **the ORDER**

- reveals the timing of your instruction
- reveals the sequence of your instruction
- reveals the authority of your instruction

"And he set the bread in order upon it before the LORD; as the LORD had commanded Moses." (Exodus 40:23)

"Order my steps in thy word: and let not any iniquity have dominion over me." (Psalm 119:133)

"Let all things be done decently and in order." (1 Corinthians 14:40)

- **the ORGANIZATION**

- |                      |                      |
|----------------------|----------------------|
| • it <u>WILL</u>     | • it <u>WILL NOT</u> |
| o have content       | o be confusing       |
| o have consistency   | o be cold            |
| o have comprehension | o be clever          |
| o have challenge     | o be careless        |
| o have clarity       | o be clumsy          |
| o have command       | o be common          |
| o have conviction    | o be complex         |
| o have control       | o be convenient      |
| o have curiosity     | o be cruel           |

"Whom shall he teach knowledge? and whom shall he make to understand doctrine? them that are weaned from the milk, and drawn from the breasts. For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little:" (Isaiah 28:9-10)

"From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love." (Ephesians 4:16)

- **PICTURE** - the "glimpse" of our instruction

- utilize instruction that "paints a portrait"
  - related PICTURE WORDS
  - related STORIES
  - related PARABLES
  - related TESTIMONIES
  - related ILLUSTRATIONS

"Is not my word like as a fire? saith the LORD; and like a hammer that breaketh the rock in pieces?" (Jeremiah 23:29)

"What I tell you in darkness, that speak ye in light: and what ye hear in the ear, that preach ye upon the housetops." (Matthew 10:27)

"Therefore speak I (Jesus) to them in parables: because they seeing see not; and hearing they hear not, neither do they understand." (Matthew 13:13)

- **COMMENTARY**

- In this component, the instructor (through the guidance of the Holy Spirit) is preparing the materials necessary for proper spiritual instruction.
- In the development of your outline, the general format recommended is as follows:

**SUBJECT** - the title or topic of your lesson

**PASSAGE** - the scripture reference where lesson will be taken from

**OVERVIEW** - tells what you are going to teach

**BODY** - teaches it

**SUMMARY** - summarizes what you have just taught

- In the **development** of your material, a suggested order of preparation would be as outlined:
  - **PURPOSE** - determining the destination
  - **PLAN** - designing the path
  - **PICTURE** - drawing the map

However, in the **presentation** of your material, the order would be **reversed**:

- **PICTURE** - showing the map
- **PLAN** - guiding along the path
- **PURPOSE** - arriving at the destination

- Keep in mind that in your study, that like human law, spiritual laws vary according to type and degree. If in your study (**or in your spiritual walk**) you find that a spiritual law obeyed produces **little or negative results**, the cause may be the result of a **higher** spiritual law that is being disobeyed. Consider this passage

"If ye fulfil the royal law according to the scripture, Thou shalt love thy neighbour as thyself, ye do well: But if ye have respect to persons, ye commit sin, and are convinced of the law as transgressors. For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all. For he that said, Do not commit adultery, said also, Do not kill. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the law.

-James 2:8-11

● **EXERCISES**

4. For the next five to seven minutes (timed), list three (3) possible points for the following outline. If your points consist of one word, they all must begin with the same letter. If your points consist of phrases, the keyword in each phrase must begin with the same letter!

**SUBJECT**

"RUNNING THE RACE"

**PASSAGE**

"Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. (1 Corinthians 9:24)

**BODY**

How do we run this Christian race?

I. by R\_\_\_\_\_

II. by R\_\_\_\_\_

III. by R\_\_\_\_\_

5. Repeat exercise #4, providing the points that will respond to the following outline. Use creativity in choosing your points.

**BODY**

When we run this Christian race, we will...

I. \_\_\_\_\_

II. \_\_\_\_\_

III. \_\_\_\_\_

6. For the next three to five minutes (timed), Consider this:

"There are many things that an individual must do in preparing for a race, one is EXERCISE, another is TRAIN". **Can you think of others?** (make a list, and think spiritually)

### 3) the "PRESENTATION"

**DEFINITION** "the act of bringing (a person) into the presence of, and introduce formally to, another or others"  
(Websters)

#### ● **your PERSONALITY**

##### ALWAYS

- aware
- open
- sensitive
- honest
- controlled
- yourself
- understanding
- spiritual

##### NEVER

- unaware
- closed
- insensitive
- deceitful
- abandoned
- someone else
- confusing
- carnal

"For our rejoicing is this, the testimony of our conscience, that in simplicity and godly sincerity, not with fleshly wisdom, but by the grace of God, we have had our conversation in the world, and more abundantly to you-ward." (2 Corinthians 1:12)

"Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity." (1 Timothy 4:12)

"Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee." (Hebrews 13:5)

"But avoid foolish questions, and genealogies, and contentions, and strivings about the law; for they are unprofitable and vain." (Titus 3:9)

#### ● **their PARTICIPATION**

- through READING
- through WRITING
- through RECITING
- through REVIEWING
- through REPEATING
- through REMEMBERING
- through RELATING
- through RECEIVING

"And thou shalt write upon them all the words of this law, when thou art passed over, that thou mayest go in unto the land which the LORD thy God giveth thee, a land that floweth with milk and honey; as the LORD God of thy fathers hath promised thee." (Deuteronomy 27:3)

"And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God." (Nehemiah 9:3)

"Yet hear the word of the LORD, O ye women, and let your ear receive the word of his mouth, and teach your daughters wailing, and every one her neighbour lamentation." (Jeremiah 9:20)

"Blessed is he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time is at hand." (Revelation 1:3)

"Remember therefore how thou hast received and heard, and hold fast, and repent. If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee." (Revelation 3:3)

● **God's POWER**

- the power to CONVICT
- the power to CONVINCED
- the power to CONVERT
- the power to CONFIRM
- the power to CREATE
- the power to TEAR DOWN
- the power to BUILD UP
- the power to OPEN BLIND EYES
- the power to OPEN DEAF EARS
- the power to TRANSFORM

"The voice of the LORD is powerful; the voice of the LORD is full of majesty." (Psalm 29:4)

"Jesus answered and said unto them, Ye do err, not knowing the scriptures, nor the power of God." (Matthew 22:29)

"And they were all amazed at the mighty power of God. But while they wondered every one at all things which Jesus did, he said unto his disciples," (Luke 9:43)

"For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek." (Romans 1:16)

"For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart." (Hebrews 4:12)

- **COMMENTARY**

- Consider this thought...:  
"If you're not excited about what you are teaching about, how can you expect anyone else to be excited about it?"

- **EXERCISES**

7. On a sheet of paper, make two (2) columns. In the first column, list what you feel are your character strengths. In the second column, make a list of your character weaknesses. (The goal here is to allow the LORD to use your weaknesses to HIS glory. Don't forget the following passage)

"And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." (2 Corinthians 12:9-10)

8. Declare a three-day (72 hour) fast unto the LORD, asking him to prepare you for your upcoming task. **In this fast, you will abstain from ALL food and ALL drink (except WATER).** During your fast, keep a diary of all that the LORD reveals to you. The purpose of this fast is to purge, purify, and prepare you for HIS divine assignment. Consider the following passage

"As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away." (Acts 13:2-3)

## APPENDIX: SCRIPTURE RESEARCH

To expand your spiritual understanding  
the following are areas to consider  
when researching scripture

### **THE BOOK**

- Old or New Testament?
- What is its name?
- What is the meaning of the name? (if applicable)
- When was it written?
- What is the theme?

### **THE AUTHOR**

- Who is he?
- Where is he from?
- What is his occupation?
- Who is his parents?
- What is his ancestral line? (if available)

### **THE SETTING**

- What is the setting?
- Where is the location?
- What is the location noted for?
- What period in history is it?
- What is the state of Israel (or the Church) at this time?

### **THE PEOPLE**

- Who are the main characters?
- Are they Jew or Gentile?
- What were the customs of the day?
- What were the personal struggles of the day?
- Is the presence of men evident?

### **THE CONFLICT**

- What is the conflict?
- Who is involved?
- What caused the conflict?
- What are the consequences?

- What are the blessings?

### **THE GOVERNMENT**

- Self-rule or organized-rule?
- Jewish-structured or Gentile-structured?
- Theocratic or Monocratic?
- Firm-rule or Chaotic-rule?
- Influence of women?

### **THE TEXT**

- Is it a quote or narrative?
- What does it say?
- What doesn't it say?
- What is the order of events?
- Why does this text interest you?